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Inside Out - The Essential Women's Guide To Pelvic Support



Synopsis

Inside Out is a professional guide for how to exercise with pelvic floor dysfunction such as pelvic prolapse, incontinence after hysterectomy. Australian pelvic floor experts Michelle Kenway (Women's Health Physical Therapist) has teamed with Dr Judith Goh (Urogynaecologist) to produce this innovative self-help exercise guide for women who are at risk of pelvic floor problems with inappropriate exercise workouts. Some medical practitioners are now becoming aware that the wrong kind of exercises can cause serious pelvic floor problems such as prolapse, incontinence and pelvic pain. Women at particular risk of pelvic floor injury include women; with vaginal or rectal prolapse, after prolapse surgery, after a hysterectomy, during menopause and particularly after childbirth. Inside Out has been selected by a panel of expert Australian physiotherapists on behalf of the The Continenence Foundation of Australia as a key resource in their current Australia-wide Exercise and The Pelvic Floor initiative for women. Unfortunately until now many women have been unknowingly increasing their risk of pelvic floor injury with inappropriate general exercises. Recent clinical research now tells us that some commonly performed exercises such as intense core or abdominal sit-up exercises, and particular gym exercises increase the downward pressure on the female pelvic floor. This downward pressure can strain and weaken pelvic floor support structures increasing the risk of female pelvic floor problems including vaginal prolapse, incontinence and pelvic pain. Inside Out provides those women with or at increased risk of pelvic floor injury guidelines on how to perform safe and appropriate general strength and fitness exercises. Inside Out also guides women step-by-step through pelvic floor and core strength and control exercises to assist them to improve their pelvic floor support. Inside Out is divided into two main sections. The first section is based upon the most current clinical research into pelvic floor exercise. This section details Kegel exercises (pelvic floor exercises) and teaches women how to find, feel and train their pelvic floor muscles for improved pelvic floor strength and control. Women are guided through appropriate core exercise technique and taught the common pelvic floor and core exercise mistakes to avoid. The second section of Inside Out teaches women how to identify unsafe exercises including inappropriate core, gym, aerobic and fitness class exercises. This section teaches women how to identify and perform safe strength, aerobic and fitness class exercises including Pilates and Yoga. A comprehensive whole body strength training routine appropriate for women with pelvic floor problems is accompanied by photographs and step-by-step guidelines. Real life stories from women who have experienced pelvic floor problems with exercise are interspersed throughout the text. Benefits for women reading Inside Out and following the Inside Out exercise program include: - increased pelvic floor strength and control - improved bladder and bowel control - improved

prolapse support -understanding of safe weight loss exercises when living with pelvic floor dysfunction -improved general strength and aerobic fitness for women living with pelvic floor dysfunction - improved confidence exercising safely after pelvic surgery.

Book Information

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Customer Reviews

This book looks large on the computer screen and for the price you would expect almost a college textbook of information; however, it is a VERY small paperback with sparingly useful advice padded with a whole lot of repetition. There are few pictures of specific do-and-don't exercises (I would have preferred a lot more) and the details about what you should and should not do are sometimes a little vague as well as being written for an Australian audience (obviously) - So you might have to look up exactly what is meant by "bush walking", for example. I am giving the book a 3-4, however, simply because of the effort made toward disseminating this information to women. For so long we've really been in the dark about pelvic floor issues and a lot of us have felt isolated in our physical problems due to the lack of awareness that many physicians still have on the topic. This book is definitely a step in the right direction - However, I'm thinking they now want to sell me the DVD and other "associated" material. . .

I have seen Michelle Kenways' videos showing pelvic floor exercises and she is an expert in her field. I thought the book "inside out" would be a large book packed with info due to the high price I paid for it- I was wrong! The book is a very small paperback (88 pages) to be precise and is not worth the extortionate price it's being sold for. Repetitive info throughout and diagrams to pad it out.

I have not read anything I did not already know. Personally I would recommend watching Michelle Kenway's videos for free on You Tube and don't waste your money buying the book.

My gynecologist read this and said it was a good book. This gave me reassurance that the instructions were valid. I showed it to my personal trainer and he will modify my program to conform to the ideas.

Excellent book. Comprehensive, concise information on safe exercise for women with prolapse and after hysterectomy. Wish I had had this information to hand years ago and learned what exercise NOT to do when you have prolapse.

Why are you paying so much for this book, if you go to her website you can purchase for like 20 dollars. Someone is making a huge profit on this book..

You should go to her website at pelvic floor exercises com au, there you will have all her material... she has three downloads... pelvic floor daily exercises for \$14.99... pelvic floor exercises for \$14.99 and prolapse exercises for \$16.99... so you can buy all three for 46.97 aud or 33.90 usd. We are sisters and many of us need this information to feel whole again... Please have mercy... I contacted the author to see if she would sell her material through DIRECTLY... Let's hope so.... Wishing you all the best. Please take good care of yourself.

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